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MONTANA

NEWS

SOCIAL AND REHABILITATION SERVICES

Successor to the Senior Citizen News

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Number 4

Helena Gets First Montana RSVP Grant

Retired Seniors Offered Chance To Help Needy

Helena has become the first Montana city to get its RSVP project into operation.

With the appointment of the project director, Mrs. Linda Lindsay, the decks were cleared for action, with 180 volunteers expected to be recruited the first year. At the end of five years 400 volunteers are expected to be on the job.

Recipient of the \$25,561 grant to operate the program was Rocky Mountain Development Council of Helena, which will administer RSVP in Broadwater, Jefferson, and Lewis and Clark counties.

RSVP volunteers will work with educational and health programs for homebound elderly, and underprivileged, mentally retarded, and delinquent children. Assignments will include an emergency food program for Indians, a family planning program, an

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VOLUNTEER PLANNERS — Edward Okazaki, seated left, field representative of ACTION, is shown explaining guidelines for the new Retired Senior Volunteer Program to members of the Aging Services Division staff. Pictured with him: Richard King, standing, resource specialist for RSVP in Montana; Lyle Downing, center, Aging Services administrator, and Jack L. Tucker, assistant administrator.

COMMENT —

by Lyle Downing



Significant information about the life patterns of Montana's 70,000 elderly residents has been developed by the University of Montana Institute of Social Science Research.

Doctor Raymond Gold, institute director, and Raymond Worring, director of the agency's Technical Assistance Bureau, made a spot check of Senior Centers throughout the state and their findings showed that expansion and improvement of the services are indicated.

A report submitted to the state Aging Services Division stated: "We focused our study on rural and urban Senior Centers, retirement homes and related facilities."

The researchers pointed out that there is an apparent absence of organic ties between

the observed Senior Centers and the Aging Services Division staff.

What little interaction there is tends to be of a bureaucratic nature. Staff members have a great opportunity to function as resource people to the Centers.

In self-defense we desire to point out that in the six years we have been operating as the Commission on Aging and the Aging Services Division, we have been critically understaffed. In recent months we have been able to add two field representatives in addition to one who has been on the staff for two and one-half years. With this additional personnel we believe that we will be able to carry on our activities with a much closer relationship to the Senior Citizens.

The researchers discovered wide differences in the operation of the Centers. For example, they say, one Center was organized by a group of middle-class women while another was established by a retired bartender. The atmosphere these different people lend to the centers tends to encourage those of similar interest, backgrounds and values to attend.

For similar reasons others are less likely to participate. Complaints were heard that "these people are not our kind of folks." In such cases each

center serves only selected segments of the local population.

For example, the center established by the retired bartender could be likened to a bar and serves the needs of a good segment of the population. Many who attend are those who have worked in or frequented restaurants and bars. Many women find this atmosphere uncomfortable. Another center seemed to be based on the "settlement house" model and tended to attract a noticeable share of transients and those who were destitute.

Under the provision of the Older Americans Act Senior Centers are for all the people and not exclusive to any group. All centers operating under federal funding had to agree to this provision before they were approved.

The report concludes that more centers are needed to meet the social requirements of different segments of the older community. It suggests satellite centers grounded in the neighborhoods could collectively supplement the services now being offered at the main centers. The researchers also said that outreach activities must be better organized.

In discussing the Senior Citizens themselves, the researchers say many people do not

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RSVP in Action

alcoholism referral project and rehabilitation of the handicapped.

RMDC was granted \$25,561 to operate RSVP the first year, with a minimum of 10% local matching. Total federal funding will be \$75,000 over five years. The federal funding will decrease progressively as local funding increases until at the end of the five years the project will be totally funded through community resources.

The Gallatin Council on Aging in Bozeman also has submitted a grant application to ACTION, the RSVP parent in Washington, D.C.

Missoula Seniors are working on a grant application, and Butte, Anaconda, and Great Falls are submitting preliminary inquiries and looking forward to receiving grant applications soon.

RSVP projects may be organized in any community by an established community service organization. Volunteers are paid their out-of-pocket expenses.

The basic premium rate for the medical insurance part of Medicare was scheduled for an increase from \$5.60 a month to \$5.80 a month as of July 1, 1972.

The 20 cent increase is added to a 30 cent increase in 1971 and \$1.30 increase in 1970, according to Jack Sharp, district manager of the social security office in Helena.

As RSVP progresses, it is expected that many Montana communities will come to realize what they have been missing by not utilizing the lifetime of experience possessed by Senior Citizens. Until RSVP, there were few opportunities for retired Seniors to bring the wisdom of their experience to bear in their communities.

RSVP presents the opportunity to make use of that experience, to the benefit of all concerned.

The project has no restriction on education, income, or experience. Any retired person over 60 may qualify. There are no training schedules or schooling, just the sharing of a lifetime of experience with those in need of it.

As Montana Aging Services administrator Lyle Downing said, "The potential of this program is limited only by the imaginations of the participants."

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Comment

regard themselves as getting old, but as just adding years. For some of these getting older is not especially traumatic nor fraught with the pain that others experience. The participation of the Seniors in the centers depends upon the appropriateness of the activities to their interests and whether those associated with the centers are their kind of people.

The researchers believe more attention should be paid to the Indian population. They

say centers rarely attract Indians unless they are located on reservations.

The Aging Services Division is funding centers on the Flathead, Blackfeet, Assiniboine, Crow and Northern Cheyenne reservations. The reservations claim that one of the problems white Senior Citizens share with the Indians is that they have been over-studied.

"The painful implication of this observation is that efforts such as this may be viewed by the Blackfeet, for example, as an unwarranted intrusion unless great pains are taken to continually and significantly include them in our thoughts and actions when developing plans and putting them into operation."



MRS. LINDA LINDSAY has been appointed as director of the RSVP program under a grant to Rocky Mountain Development Council. She has several years experience working with the aged, and holds a sociology degree.

Heart Disease and Glaucoma Threaten

All persons over 35 should have an eye examination at least every two years to guard against blindness from glaucoma, the leading cause of blindness in adults in the United States.

One of eight blind persons has lost his sight to glaucoma, a mysterious disease that can be easily treated if caught in its early stages.

Glaucoma is characterized by an increase of pressure in the eye fluid, which leads gradually to destruction of the optic nerves and blindness.

The disease is difficult to detect in its early stages, but there are symptoms that older persons should recognize, as follows.

—Frequent change of glasses, none of which is satisfactory.

—Inability to adjust eyes to darkened rooms, such as theatres.

—Loss of side vision.

—Blurred or foggy vision.

—Rainbow colored rings around lights.

—Difficulty in focusing on close work.

Presence of these symptoms does not necessarily indicate the presence of glaucoma, but each month a glaucoma victim postpones treatment may cost him a small per centage of his sight. Vision lost to glaucoma can never be restored, although vision loss can be prevented if the disease is detected by a doctor. Treatment may be by surgery or drugs.

Heart disease is the most common affliction among persons getting social security disability payments, according to social security officials.

Social security pays monthly checks to over one and a half million persons under 65 who are severely disabled and cannot work for a year or more. More than 23 per cent of them have severe heart diseases, according to a recent study.

The study, conducted by the Social Security Administration, shows that 17.6 per cent of the disabled persons getting bene-

fits have arteriosclerotic and coronary heart diseases; 4.5 per cent have hypertensive heart diseases; 1.2 per cent have heart valve diseases.

Emphysema, a lung disease, is the second most common disabling condition, the study showed. Emphysema afflicts 6.3 per cent of the beneficiaries.

Of course, a spokesman said, millions of persons can and do work with heart disease, emphysema, and other ailments. The basis for receiving social security disability payments is not the presence of the disease but whether the disease is so advanced or acute that it prevents a person from working.

Other diseases reported as the basic cause of disability among the social security beneficiaries include:

Schizophrenic disorders, 5.8 per cent; pulmonary tuberculosis, 3.9 per cent; osteoarthritis, 3.2 per cent; rheumatoid arthritis, 2.7 per cent; apoplexy, 2.7 per cent; cerebral blood clots, 2.6 per cent; diabetes, 2.5 per cent; and displacement of intervertebral disc ("slipped disc"), 1.3 per cent.

Monthly social security checks also go to one and a fourth million dependents of disabled workers. Social security payments to a disabled worker with a wife and one or more dependent children average \$269 a month.



AT CHOTEAU CENTER — More than 100 elderly persons gathered in the Choteau Senior Center for a potluck dinner. Mrs. Ellen Hammond, center director, is shown above with the Rev. Father James P. Gannon, pastor of Choteau's St. Joseph's Church.

Basic Problems Attacked

Transportation, Nutrition Gaining Ground

Here and there in the vast geography of Montana some halting steps have been taken toward closing the abysmal gap in transportation and nutrition services for Senior Citizens.

In Great Falls for example, the Columbus Hospital is serving one hot and one cold meal a day to 16 shut-ins in their homes. Most of the recipients pay the \$2.75 daily fee out of their own pockets, although welfare clients receive up to \$1.43 in reimbursement. The remainder is financed through federal funding matched by the Easter Seal Society. The meals are delivered in a donated van, manned each day by one of the 35 volunteers on tap for the duty.

Helena has perhaps the brightest nutritional picture with between 75 and 100 Seniors fed one meal each day by the Daily Dinner Club.

The Rocky Mountain Development Council administers the program, which costs participants between \$1.25 and \$.75 daily, depending on ability to pay. Cost to RMDC is \$1.70 per meal with the difference made up of funds provided under Title IV of the Older Americans Act. The Dinner Club is one of 21 nutrition research projects in the United States.

Jo Slaughter of RMDC said, "This program is really a lifesaver. These people pay their

lights and rent and too often have nothing left over for food."

Transportation also is less a problem for Seniors in Helena than most other places. Model Cities bought a 20-passenger bus and two 11-passenger vans to be operated by RMDC for hauling Seniors around town and on out of town jaunts. The buses will run until RMDC can no longer afford their maintenance.

Other transportation pro-

grams are operating largely on a volunteer basis, in Glendive, Ryegate, Billings and Butte.

Billings and Culbertson have small nutrition programs.

Nutrition programs are expected to benefit measurably when guidelines are issued for use of the \$500,000 allocated for Senior Citizen nutrition programs in the state. State officials continue to expect arrival of the federal guidelines at any time.



GRAND OPENING — Two members of the center's board of directors pose with project manager and coordinator Mrs. Elmer Schye at the opening of the beautifully finished White Sulphur Springs Senior Citizen Center. At left is Burt Hurwitz, with Art Watson at right.

Shoup Suggests Medicare Expansion

Medicare should be extended to cover all persons over 65 regardless of whether they have earned eligibility under the Social Security Administration, according to Western District Congressman Dick Shoup.

In a speech on the House floor, Shoup pointed out "real and serious problems" in the Medicare program and called for reform. For example, he said, Part A (hospital insurance) and Part B (doctor insurance) should be combined so the required premium could

be prepaid during the recipients working years, rather than force the elderly, many of them poor for the first time, to pay a monthly premium for Part B, which will go up to \$5.80 a month July 1.

Combining Parts A and B would eliminate the confusing administrative problems of Part B and eliminate payment of a separate premium, Shoup said.

Past Nixon administration proposals have backed removal of the Part B premium, with the cost to be made up by reducing to 12 days the 60-day hospital coverage currently provided under Part A.

Shoup also criticized retroactive denial of Medicare for patients who had received medical treatment at the advice of a medical professional.

He cited 14 cases of retroactive denial. In one such case, for example, the Medicare claim of a 79-year-old victim of congestive heart failure was disallowed by an intermediary on the ground the treatment could have been performed outside a hospital. The disallowance was made although attempts to treat the patient at home had failed before he was admitted to a hospital.

Safe Retirement Advice Available

Advice for protecting against burglars, high pressure salesmen and safety hazards is offered in a free booklet now available to all interested older persons.

The book, called "The Retirement Safety Guide," was prepared as a comprehensive safety manual for older persons, and includes information on traffic safety, how to prevent burglaries and guard against door-to-door salesmen who misrepresent products and prices.

Tailored especially for older persons, the booklet was put together by the National Retired Teachers Association and the American Association of Retired Persons.

Free copies may be obtained by writing: Retirement Safety Guide, NRTA-AARP, 1225 Connecticut Avenue NW, Washington, D.C. 20036.



LISTENING CENTER — Western District Congressman Dick Shoup, standing, is shown at the Kathleen Walford Senior Citizen Center, Missoula, where a "listening session" was held for his benefit. He said he needed information about problems of the elderly for presentation to Congress. Members of the panel who took part in the meeting are: left to right, Don Sekora, Adult services specialist; Lyle Downing, Aging services administrator, Willard Thompson, Missoula, and Mrs. Bertha Weiloff, Lewistown, who served as delegates to the White House Conference on Aging.

Levy Boosts Centers

Carkulis Predicts Local Funding Hike

Local aid will increasingly supplement federal funding of Senior Citizen Centers in Montana, according to Theodore Carkulis, administrator of the State Social and Reha-

bilitation Services Department.

Carkulis addressed the grand opening of the Senior Citizens Center in Harlowton, where he predicted expansion of Senior Citizens activities in

Montana within the next several months. He pointed out that \$500,000 in federal funds has been allocated for nutrition programs in the state, although details on use of the money are not yet available.

Increased local funding of centers is possible because the last session of the legislature passed a law enabling county commissioners to levy up to one mill for Senior Citizen activities. He said 16 counties have made use of the levy so far, and predicted others will follow suit.

More legislation affecting Montana's nearly 70,000 Senior Citizens will be offered the legislature next year he said, predicting that the result will be "brighter golden years for our older Americans."

State Seniors Set Busy Tempo

An old fashioned basket social and fiddlers' contest was held recently to benefit the **Townsend** Senior Citizens housing project.

The **Fallon County** Senior Citizens are sponsoring a defensive driving course to be given by the Montana Highway Patrol.

In **Kalispell** the Courtesy Kart will be used to transport Senior Citizens home from Buttreys and Safeway parking lots.

The **Beaverhead** Senior Citizens took a bus trip to Twin Bridges for lunch and a tour of the Twin Bridges Children's Center.

On May 18, **Great Falls** Senior Citizens took a trip to Fort Benton to see the museum. They also went to Helena to visit the Helena Center and to see the Capitol and museum on May 31.

The Senior Citizens from **Butte** took a trip through Great Falls to White Sulphur Springs and saw the White Sulphur Springs museum on May 16.

Seventy-three seniors from **Helena** took a trip to Las Vegas March 19 through 24. A

trip to Legendary Lodge was scheduled for June 20.

Seniors from **Kalispell** went to Polson for a dance on April 19, and also May 24.

On May 21, Congressman Shoup spoke at the **Missoula** Center for "Congressman Shoup's Senior Citizens Forum." Also 43 Missoula Seniors went to Libby Dam on May 8, and plans were made for 30 Seniors to go to Alaska on June 8.

The **Billings** group visited the Livingston Center May 13.

Hardin Senior Citizens had a nice dinner at the Center and were entertained by the Methodist and Congregational Church choirs.

Seniors from **Livingston** are going to hold their 4th Anniversary Dinner on June 17, and expect 250 people to be present.

Anaconda Seniors will hold their annual picnic at the Washoe Park in July, with Seniors from the **Butte** and **Deer Lodge** Centers as guests.

A nutrition class was conducted and two meals were served by Alice Heinament for the **St. Xavier** Senior Citizens.



ON THE GROUND FLOOR — Dorothy Edson, director of the Harlowton Senior Citizens Center, chats with Theodore Carkulis, SRS director, during the grand opening of the center. Lyle Downing looks on.

Nursing Home Alternative on Horizon

A middle ground in living facilities for the aged, something between the full care nursing home and independent housing, may well be an important development in the future.

One such type of facility, called congregate housing, was recommended at the White House Conference on Aging.

The congregate housing concept covers a lot of ground, but basically, it consists of a sort of Golden Years commune, where residents share food and personal service facilities located on the living premises.

Personal services, such as

handyman, home maker, health and nutrition services supplied by medical professionals, would be available within the "campus style" living area. Clearly such services would not be cheap, but are considered far cheaper than removing from home a person who has lost some measure of self sufficiency and being placed in a nursing home.

Although nursing homes provide a necessary service in many cases, they are expensive to operate, and house many persons who could live satisfactorily with a much lower level of support than that provided by a nursing home.

Although it is better for

some individuals to be in a nursing home than in their own homes after they have become partially unable to care for themselves, removal to a nursing home amounts to a total loss of independence, a circumstance universally undesired.

A study by the World Health Organization of the U.N. reports the campus style facility has become very popular in Europe. Grouped around an "acute care center," or hospital, various types of housing, such as cottages, motel style row dwellings or high rise apartments provide the aging occupants with a choice of facilities.

The premises are specifically designed to meet the needs of the aging, with elevators to upper floors, ramps and wide doorways to accommodate wheelchairs, railings to provide hand grips from room to room, and other special devices for Seniors.

Social rooms, medical services, hospital beds for the seriously ill, all will be located on the premises, making it unnecessary for ailing Seniors to be moved about as their needs change, which should contribute to improved morale among the residents.

Whether such housing and care arrangements ever become reality in the U.S. will depend largely on the response to the recommendations issued by the Housing Section of the White House Conference which endorsed congregate housing projects.



SUN CITY FOLLIES — Bruce Who, left, star of the Sun City Follies, is shown with Robert E. Lee, the show's producer, arranging for staging the musical spectacular at the Civic Center auditorium in Helena on September 12. The production will be presented in conjunction with the fourth annual Governor's Conference on Aging. The show is sponsored by the Helena Citivan Club, and the proceeds will go to purchase hearing aids for low-income residents of the state.

Large Print, 'Talking' Books Available

Failing vision no longer should force elderly readers to abandon books, according to Richard Peel, state librarian for the blind and physically handicapped.

Peel says there are enough titles in larger print books and on "talking book" records to satisfy even the most voracious reader.

He says 4,000 talking book titles are available free through the State Library in Helena, plus 1,000 titles in

larger print and over 60,000 tape recorded titles available on order through the library.

Books in Braille can be had too. Most of the large print books available are kept circulating among public libraries throughout the state.

Besides the books, the handicapped have 40 recorded magazines to choose among, with the records becoming available the same time as the printed issues.

All these materials are free to persons certifiably handicapped, either physically or visually, Peel said. Postage is free both ways.

The talking book machines, actually low speed phonographs, also are sent free to all eligible applicants and may be kept as long as the handicap persists. They too are shipped free, and any damage done to them is repaired free.

About 1,500 individuals now use the special materials, Peel said. This is only about half the number of persons eligible, he said, explaining that he has difficulty reaching potential users to inform them of the service.

A few older people also are reluctant to use the talking book machines because they fear damaging them, he said.

A phonograph was a major appliance in the home during the lifetimes of many elderly persons, he pointed out, and they consider the borrowing of such a thing a very serious step.

"It's as serious to them as borrowing a computer would be for a younger person," he said.

Anyone wanting to apply for the special materials may do so after he is certified handicapped by a medical professional or, in some cases, by some responsible member of the community.

Further information is available from the State Library, Division for the Blind and Physically Handicapped, 930 East Lyndale Avenue, Helena, Mt., 59601.



FOLLIES PLANNERS — Three members of the Helena Civitan Club are shown going over the program for the Sun City Follies which will be staged in Helena on September 12. Pictured from left: Richard Merley, president of the club, and two members of the arrangements committee, Attorney Thomas A. Mahan and William A. Macmillan. The Follies was first produced on the Johnny Carson television show.

Sexagenarian Joggers Hotfoot 290 Miles

Seven men ranging in age from 60 to 73 recently ran in relays over the 290 miles from Los Angeles to Las Vegas.

The run was the second annual Life Begins at Sixty Marathon. Running along Route 15, the runners covered the distance in 44 hours and six minutes, bettering the previous year's mark by an hour and 54 minutes.

Each runner ran 30 minute heats on level ground and 15 minute stretches on hills, as the others rested in a camper truck moving alongside.

Leader of the runners was Fred Grace, 73, of Los Angeles, who started running at 65 and plans eventually to run the course solo. The others in the race also were Californians.

Butte Takes on Sr. Housing Challenge

Feeling the presence of a Senior Citizen housing shortage of near crisis proportion in Butte, the Federal Government and two civic organizations have moved independently to provide a total of 570 housing units for Seniors.

Already built and in operations is the 60 unit Knights of

Columbus sponsored Highland View Manor. Under way is the American Legion Oasis project, which will offer 160 units.

Model Cities officials say the city needs at least 350 more units than now planned, and have succeeded in getting top priority from the Federal

Government for funding the first 100 of the 350 units. It is not yet known, when the funding will come through, but it is expected in the near future, according to Model Cities officials.

A survey of possible sites for the first 100 units is continuing.

These initial 100 units could be contained either in a single high rise building or four to six smaller structures.

The facilities will be specially designed for old people, with wide ramps for wheel-chairs and elevators between floors.

Thompson Falls Senior Housing Being Considered

Living conditions for Thompson Falls Senior Citizens will improve considerably in the near future with the construction of a new 24 unit apartment building now being planned for Senior Citizens housing.

The development is a non-profit project of the Lions Club, operating with a 100 per cent guaranteed FHA loan.

The Lions have begun interviewing architects prior to choosing one to design the new building. A site on Main Street within two blocks of the business district is being considered for the development. Blacktop parking will be provided, along with a community recreation room and laundry facilities.



GRANDPARENTS OF THE YEAR — Bessie Locky and Mary Beley pose with trophies they were awarded as part of their honors upon being elected grandparents of the year by their colleagues in the Foster Grandparents Program at Boulder. Both women have been in the program for three years. A total of 66 Seniors are working under the program at Boulder.

Anaconda Shows the Way

500 Seniors Will Get Retail Discounts

Over 50 Anaconda businesses have agreed to discount prices 10 per cent for Senior Citizens of the area.

To qualify for the discount, Seniors must pay \$.50 for an identification card. The first cards were expected to be is-

sued by the end of June, with about 500 of the 2400 eligible Senior Citizens in the area signed up initially.

The businesses granted the discounts after they were approached by outreach workers from the Mount Powell

Economic Council, an OEO funded organization active in the area.

So far no grocery store has approved the discounts, although a theater, a lumber yard, an auto parts house, a millinery store, a chain hardware store and a pizza parlor are among those accepting the proposal. A chain clothing store declined to offer discounts on an every day basis but announced it would hold a sale every month for Senior Citizens only.

Outreach workers said most of the merchants approached responded enthusiastically to the idea of reducing prices for the elders of the community. They expressed hope that other communities would discover that many merchants are glad to exhibit social responsibility by giving a break to Senior Citizens.

Sloth, Virtue, Switching Roles?

The old American rule of rewarding virtue and punishing sloth seems to have reversed, with inflation punishing older Americans who worked hard and paid taxes for 50 years or more, according to former Superintendent of Public Instruction Harriet Miller.

Miss Miller spoke at an appreciation dinner for foster grandparents at Boulder.

She said the key to better lives for Senior Citizens was reordering of national priorities. The Pentagon last year spent \$40 million just for publicity, movies, shows and

news releases, not for war or defense, she said.

At the same time, she pointed out, President Nixon vetoed a program that would have provided funds for a day-care program employing Senior Citizens in caring for children. Love is the heart of programs like Foster Grandparents and the vetoed day-care operation, she said, adding, however, that it takes money to keep the heart beating.

Deploing the lack of funds, she said, "If money is the root of all evil, our older citizenry must be the most virtuous branch of the population."

She called for change in Medicare, pointing out that 41 per cent of the medical problems of Senior Citizens are not covered by the program.

She criticized the Social Security law for reducing the pensions of retired workers who work part time to supplement their income. "Why should the person who works with his head or his hands lose the social security benefits he or she has earned and is entitled to?"

RETIREMENT TIPS OFFERED

Retirement decisions can be made more easily with the help of a new booklet from the U. S. Department of Agriculture. Included are tips on setting up a realistic and flexible budget, estimating expenses and financial resources.

Copies of "A Guide To Budgeting for the Retired Couple" (G-194) are available for 10 cents from the Superintendent of Documents, U. S. Government Printing Office, Washington, D.C., 20402.



Harriet Miller

Mild Exercises May Be a Panacea

Three hours a week of mild exercising can be extremely beneficial to persons over 60, recent experiments have indicated.

Dr. Herbert deVries of the Gerontology Center at the University of Southern California has developed an exercise program for seniors in which individuals tested improved heart muscles, increased lung capacity, lowered blood pressure, reduced joint stiffness, and increased pleasure in living.

Dr. DeVries initially tested 112 Caucasian males between 51 and 87 years of age, with the average age 69.5 years.

Every participant was free of cardiovascular and pulmonary ailments, although seven men with heart problems were given a modified exercise program.

Tests at the end of six weeks showed arm strength improved by 6.4 per cent, the oxygen transport capacity of

the blood improved 29.4 per cent, lung capacity was up 19.6 per cent, the volume of respired air increased 35.2 per cent, and both body fat and blood pressure went down significantly.

None of those tested reported any adverse affects from the exercise, leading Dr. De Vries to believe the program was both beneficial and safe when properly administered.

Dr. De Vries says almost any Senior Citizen can participate in an exercise program if a doctor approves after having a thorough physical examination.

Having pointed the way to improved general health for seniors, Dr. De Vries and his team then set about developing a treatment for stiff finger joints. His research team found that best results were obtained through a squeezing exercise repeated 30 times daily.

Test subjects squeezed a tennis ball ten times in succession, then rested, then squeezed ten times more, rested, and concluded with ten final squeezes. Joint stiffness was considerably reduced.

Yet another experiment conducted by Dr. De Vries and his team sought the best way for seniors to relax their nerves and muscles.

Four groups of men were tested. One group was dosed with tranquilizers, the second with a non active pill they were told was a tranquilizer, while the third group was put to walking vigorously, and the fourth walked slowly and moderately.

Of the four groups, only those who walked moderately showed any significant degree of nerve and muscle relaxation.

Reorganization May Pay Off

More jobs for older unemployed persons may be one benefit realized by organizing six state social service agencies into the Department of Social Rehabilitation Services, according to Jess Fletcher, chief of the State Employment Service.

Fletcher said the grouping of the agencies under one head should make it easier for his department to work with them to solve the problems of

the unemployed.

Older unemployed persons have special problems that are easily recognized but difficult to deal with, Fletcher said.

He cited obsolete skills, arbitrary age restrictions, lack of skills and education, insecurity, fear of tests and school, lack of knowledge concerning new jobs and job hunting, as common problems facing older job hunters.



NEW EMPLOYEE — Sofie Janik has been hired by the Aging Services Division as secretary to RSVP Resource Specialist Rich King.

47 Years With the Iron Horse

Howard H. Ellsworth, Railroad Man

Howard Harrison Ellsworth is 84 and still has his tail in the air.

"That's an old cowboy saying," he explained to an interviewer. "You can tell a good horse by the way he carries his tail in the air. When I was on my first calf roundup in 1915, you'd hear the cowboys call after each other, 'keep your tail in the air,' meaning stay with it. And yes, since you ask, I've still got my tail in the air."

Ellsworth is well known in Helena for his Spartan exercise routine, which includes a minimum of three miles daily of walking, winter, and summer, and a half mile swim. "Exercise, that's what does it, athletics, keeps you young," he said.

Staying Young

Staying young is high on Ellsworth's priority list, along with public service and railroading. He remembers nostalgically the romance of railroading during its heyday, from pioneering days through the high rolling years into the present decline.

Born in Fargo in 1888 with farmers on his mother's side and printers on his father's, Ellsworth was a little uncertain what line of work he should go into, and apprenticed under a pharmacist after three years as a bellhop in Jamestown. At that time North Dakota was a dry state, and Ellsworth's job in the drugstore consisted of filling

pints of whiskey out of a barrel, sucking on a tube to start the flow, and "by the time you got a hundred pints filled you're swacked."

The whiskey was sold under prescription. "You give the doctor a buck, you come in and pay a buck for the pint."

After a few years in the drug business, Ellsworth was "anemic, had no energy," which he attributed in part to smoking too much, having smoked since he was eight.

The remedy was railroading. He hired on in Jamestown as a callboy in 1906 at 35 dollars a month. A callboy's duty was to ride around town on a bicycle to awaken the crewmen of trains that were scheduled to pull out.

Railroading got in his blood, and Ellsworth worked his way up through telegraph operator, station agent, and traveling freight agent, retiring in 1953 after 47 years on the job.

Over the years there were many enticements to abandon the railroad. Recognizing Ellsworth's ability as a salesman, several insurance companies offered him lucrative positions in the business, some of which would have skyrocketed him far above his railroad salary.

'Cinders in My Hair'

"But I just said, 'I think I'll keep on. I like the cinders in my hair. I like to walk around in it, see.'"

One of Ellsworth's early assignments with the railroad

found him in Killdeer, North Dakota, where a new spur line had just been completed. There, his organizational and salesmanship talents served him well. In his seven years at Killdeer he served as Mayor, Justice of the Peace, postmaster, bank director, associate editor of the Killdeer Herald, manager of the baseball team, and president of the town band.

Frontier Memories

Killdeer has many memories for Howard Ellsworth, as a place where a young man with ambition could try himself against the fast vanishing frontier. When he arrived there, he remembers, the town was "nothing but tarpapered shacks, wild women, gambling and bootleggers."

When he got the town musicians organized and put on a dance, he said, "all the wild

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Howard Harrison Ellsworth

Ellsworth Sees Hope for the Future

women came down, you know, mingling with the presidents of the bank, and there was only one strata of society. The cowboys with their spurs; ride their horses in; frontier town, strictly frontier."

Railroading in those days was a fascinating business. Among the high points of his railroad career, Ellsworth said, was his responsibility for the campaign trains of presidential candidates. Ellsworth has met every president since Wilson, at some stage of their careers. He rates Nixon near the top, with Harry Truman, among his favorites.

Noting his own resemblance to Harry Truman, Ellsworth recalled that several years ago he visited Mr. Truman in Independence, Missouri, where the ex-President, commenting upon the resemblance, said, "Son, I feel sorry for you. I hope you don't get shot."

Tragedy Strikes

But along with high points, Ellsworth had more than his share of tragedy. His first wife was killed in an auto accident in 1929, his only son perished during the Bataan death march in 1942, a daughter had a nervous breakdown when her fiancé was killed in Korea, and his second wife died of leukemia 10 years ago. To top it off, he lost his sight in 1942, but regained most of his vision after he badgered doctors into trying a dangerous eye operation in 1953.

"I've had as much bad luck as a man can have," he said, "but its a great world, and I hope I can hang around another ten years or so."

He does not yearn for the old days. "Now is as good a time as any to be alive," he said.

"And things are getting better. When I became a Shriner, they were known as the playboys of the Masons. Then we built our first childrens' hospital, and now there's Shrine Childrens Hospitals all over.

"And take these Senior Citizens' Centers. Now the old people have somewhere to go. There's more hope now."

As his hundreds of friends can testify, the years have not appreciably slowed Howard Ellsworth. He belongs to about every conceivable fraternal and civic organization, and is

cherished above all others for his ability to organize a charity drive and bring in unpaid dues. And when he gets bored, he travels. He declines to estimate the staggering number of miles he has logged on land, sea, and air, but he has been around the world repeatedly, and often makes several long trips a month within the U. S.

He said his most valuable possessions are his friends and his health, and he explained his knack for befriending men who are each others bitter enemies. "Try to say something kind. I've tried to live my life that way, like the fellow says, live in a house by the side of the road, and be a friend to man. And in the Book it says, 'cast your bread upon the waters and it shall return to you after many days,' even though it may be all in crumbs."

Butte Sr. Bus in Trouble

Operation of a special Senior Citizen bus in Butte appears doomed in the near future.

The Senior Citizen Council in the mining city said only 15 per cent of Butte's traveling Senior Citizens used the special bus, with the remainder taking advantage of reduced city bus and taxi fares also provided under the program.

The bus currently is losing \$50 daily and cannot be continued beyond June, according to the council.

Butte aldermen turned down a proposal from the University of Montana to do a \$24,000 transportation study in the town. The university did a similar study for \$30,000 before the reduced rate travel program was begun.

How to Relax and Get Things Done

By the time a man has spent 40 or 50 years working hard, it is not easy for him to retire and slip into a life of leisure.

One of the great changes of our time is the gradual erosion of the Calvinistic philosophy that hard work measures the worth of one's life. In years past, leisure was thought of as simply time off to regain strength to return to work.

Another reason we feel guilty about leisure is that many pastimes have been considered frivolous. Persons not working were defined as useless and nonproductive citizens.

Yet in our technological culture, leisure is fast becoming a major human enterprise. It is certain that work-weeks and work-lives are getting shorter

all the time. In 1900, for example, the standard work-week was 55 hours. Today, it is just under 38 hours. Figuring the average lifetime, in the future, a man will spend more time at leisure than at work.

Obviously, in a leisure dominated world, man must learn a new kind of productivity. In the past, he found status and self-esteem in his work and his associates at work. In the future, he will have to anchor his identity to other facets of life. He will have to engage in something more meaningful than simply passing the time.

One of the most meaningful experiences for many is to engage in some kind of service to others. The Foster Grandparents Program is such a venture, whereby older persons with with young people, often-times retarded or deprived, and impart to them the

wisdom of their years. In turn, the older people benefit from the companionship and the feeling of usefulness.

A second means to spend leisure time meaningfully is to engage in some intellectual pursuit. As studies have shown, intelligence and comprehension have no age limits. The capacity to learn, to remember, and to reflect, continues without loss far into old age for almost all persons. Many older persons could take advantage of college courses offered tuition-free to Senior Citizens, adult education, or prepared reading courses obtainable from institutes of learning.

Presently retired persons must pave the way for meaningful use of leisure time and if they are successful, they will be the prototype for every generation to come.

Free Passes Offered For Recreation Areas

Free passes to national parks and other federal recreational areas should be available soon to Senior Citizens if a bill passed by both houses of Congress is signed by the president.

The action would extend the Golden Eagle passport system, allowing free admission into national recreation areas for anyone over 62.

The Golden Eagle passport costs \$10 for those under 62, and is good for all year.

If approved, the passes will be available at the entrance stations to national parks, and within other federal agencies.



OPENING DAY — A group of about 200 persons, many of them from other centers, crowded the handsome Harlowton Senior Citizens Center for its grand opening. As this issue went to press, there were 52 federally funded centers in Montana.

Medicare Records Confidential

Seniors Warned about Phony Insurance

Montanans should not be confused by private insurance companies who send out mail advertising that appears con-

nected with Medicare, according to Jack Sharp, district manager of the Helena social security office.

Some advertising recently sent to Senior Citizens bears considerable resemblance to government mailings, he said. A batch of advertising sent by one company refers to "Medicare supplement" insurance, and comes in a brown envelope, on paper emblazoned with a spread eagle, much like federal stationery.

Sharp said the mailings are not illegal, but recipients should realize they are not government endorsed.

Furthermore, he said, Senior Citizens should be advised that Medicare records are confidential and are not available to private insurance companies.

Anyone with a question about social security or Medicare should call his nearest social security office, Sharp said. Residents of Lewis and Clark, Broadwater, Jefferson, Meagher, Wheatland, Gallatin, Park and Sweetgrass counties may call the Helena office toll free by dialing a local operator and asking for Enterprise 710.



MONTANA'S FIRST RSVP grant passes through the hands of Rocky Mountain Development Council officials in Helena. Left to right: Bill Walker, President of the RMDC Board of Directors; Clint DeSonia, Chairman RSVP Advisory Committee; Michael Murray, Executive Director RMDC; Rich King, State RSVP Resource Specialist.

Address all communications to Aging Services Division, 715 Fee St., Helena, Montana 59601



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